MATRIX™

Strong. Smart. Beautiful.

ASCENT TRAINER & INCLINE ELLIPTICAL

OWNER'S MANUAL

TABLE OF CONTENTS

CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.1 BEFORE GETTING STARTED

It is the sole responsibility of the purchaser of Matrix Fitness Systems products to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

It is recommended that all users of Matrix Fitness Systems exercise equipment be informed of the following information prior to its use.

1.2 PROPER USAGE

- Do not use the equipment in any way other than designed or intended by the manufacturer. It is imperative that all Matrix Fitness Systems equipment is used properly to avoid injury.

- Keep hands and feet clear of moving parts at all times to avoid injury.

- Unsupervised children must be kept away from this equipment.

- Do not wear loose clothing while on equipment.

1.3 READ AND SAVE THESE INTRUCTIONS

This elliptical is intended for commercial use. To ensure your safety and protect the equipment, read all instructions before operating the MATRIX elliptical.

When using an electrical product, basic precautions should always be followed including the following:

DANGER: To reduce the risk of electric shock: Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

WARNING: To reduce the risk of burns, fire, electrical shock or injury to persons that may be associated with using this product.

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts.

- This product must be used for its intended purpose described in this lower case owner's manual. Do not use other attachments that are not recommend by the manufacturer. Attachments may cause injury.

- To prevent electrical shock, never drop or insert any object into any opening

- Do not remove the console covers. Service should only be done by an authorized service technician.

- Never operate the elliptical with the air opening blocked. Keep the air opening clean, free of lint and hair.

- Never operate product if it has a damaged cord or plug, if it is working properly, if it has been damaged, or immersed in water. Return the unit to a service center for examination and repair.

- Do not carry this unit by it's supply cord or use the cord as a handle.

- Keep any power cord away from heated surfaces.

- Close supervision is necessary when elliptical is used by or near children or disable persons.

- Do not use outdoors

- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.

- To disconnect, turn all controls to the off position, then remove plug from outlet.

- Connect this elliptical to a properly grounded outlet only.

CAUTION: If you experience chest pain, nausea, dizziness or shortness of breath, STOP exercising immediately and consult a physician before continuing.

CHAPTER 1: IMPORTANT SAFETY INSTRUCTIONS

1.4 ELECTRICAL REQUIREMENTS

For your safety and elliptical performance, the ground on this circuit must be non-looped. Please refer to NEC article 210-21 and 210-23. Your elliptical is provided with a power cord with a plug listed below and requires the listed outlet. Any alterations of this power cord could void all warranties of this product.
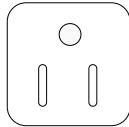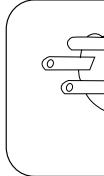
| 120 NEMA 5-15R | 120 NEMA 5-15R |

SUPPLY VOLTAGE (VAC)	FREQUENCY	RATED CURRENT (AMPS)
100	50/60 Hz	1.8
120	50/60 Hz	1.8
200	50/60 Hz	0.9
220	50/60 Hz	0.9
230	50/60 Hz	0.9
240+	50/60 Hz	0.9

1.5 INSTALLATION REQUIREMENTS

The elliptical must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The elliptical is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the user does not follow these grounding Instructions, the user could void the Matrix limited warranty.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service-man if the user is in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product if it will not fit the outlet; have a proper outlet installed by a qualified technician.

CHAPTER 2: PREVENTATIVE MAINTENANCE

2.1 RECOMMENDED CLEANING TIPS

Preventative maintenance and daily cleaning will prolong the life and look of your MATRIX Elliptical Total Body Cross Trainer.

Please read and follow these tips.

• Position the equipment away from direct sunlight. The intense UV light can cause discoloration or plastics.

• Locate your equipment in an area with cool temperatures and low humidity.

• Clean with a soft 100% cotton cloth.

• Clean with soap and water or other non-ammonia based all purpose cleaners.

• Wipe foot pads, handles, heart rate grips, and handlebars clean after each use.

• Do not pour liquids directly onto your equipment. This can cause dam age to the equipment and in the same cases electrocution.

• Check pedal motion and stability.

• Adjust leveling feet when equipment wobbles or rocks.

• Maintain a clean area around equipment free from dust and dirt.

2.2 CHECK FOR DAMAGED PARTS

DO NOT use any equipment that is damaged or has worn or broken parts. Use only replacement parts supplied by Matrix Fitness Systems.

MAINTAIN LABELS AND NAMEPLATES. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Matrix Fitness Systems for a replacement.

MAINTAIN ALL EQUIPMENT Preventative maintenance is the key to smooth operating equipment, as well as keeping the users liability to a minimum. Equipment needs to be inspected at regular intervals. Defective components must be replaced immediately. Improperly working equipment must be kept out of use until it is repaired. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Matrix Fitness Systems will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

3.1 CONSOLE DESCRIPTION

All programs follow the same basic steps.

• Select program key.

• Enter user information (age, weight).

• Choose workout time.

• Choose resistance level.

• Select **START**.
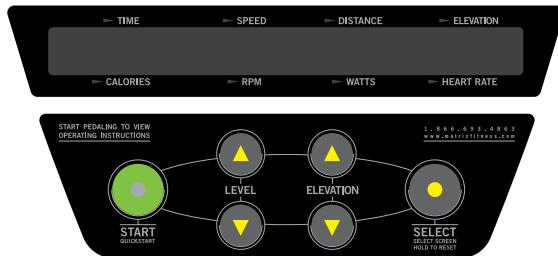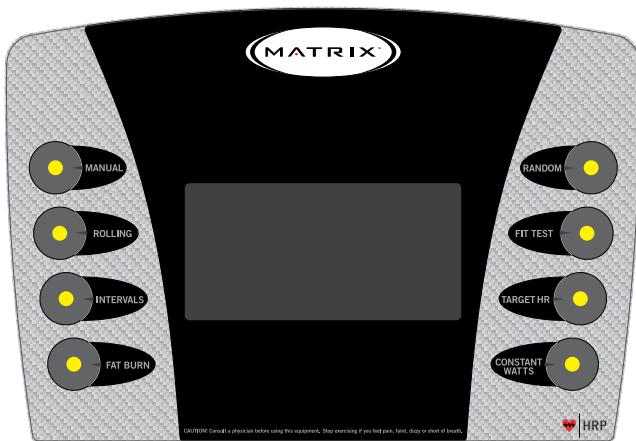
Program selection can be changed at any time during a workout. This means that the user can switch between **RANDOM**, **MANUAL** or several programs without losing accumulated workout time or data.

• However, the console must be reset before starting **FIT TEST**, **TARGET HR**, **AND CONSTANT WATTS** programs.

3.2 INCLINE FUNCTION

Changing the incline will produce a wide variety of challenging workouts. At 0 incline, you can expect a smooth, easy and low-impact pedal motion. At higher incline levels, longer stride and higher step-up challenge the user with a more focused glute workout.

• How the incline works A5x - by pressing the **UP** elevation arrow key(inwhite) both incline arms pivot towards the rear of the machine. This increases both stride length and step on height.
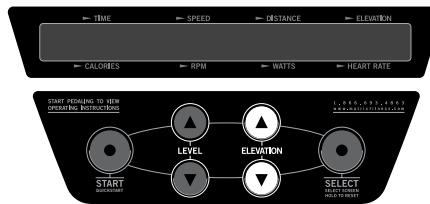
• How the incline works I5x - by pressing the **UP** elevation arrow key, a incline motor located under the wheel track lifts the entire track assembly. The wheel track assembly (ramp) will change angle from 5 to 21 degrees, increasing stride length and step on height.

• Incline settings - There are 20 incline levels. One key press will change the incline in 5% increments. The console will disply 0-100, which represents total percentage of incline. LED display 25 is 25% of total incline, 50 is 50% of the total incline and so on. Upper LED changes on each key press, showing incline changes.
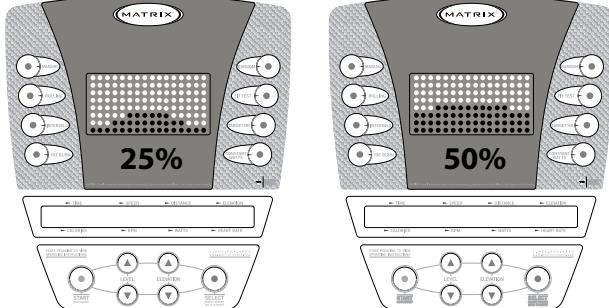
3.3 QUICK START

Press to immediately begin workout. Workout, resistance level and incline level will automatically go to default settings (see manager mode for default settings). QUICK START will not prompt the user for age, weight or level settings.

3.4 MANUAL

Manual allows the user to imput more information while defining their own workout. Calorie expenditure will be more accurate when inputting information in **MANUAL** than using **QUICK START**.

STEP 1: Select the **MANUAL** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **LEVEL** by using the **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

3.5 USER DEFINED PROGRAMS - ROLLING, INTERVAL, FATBURN & RANDOM

RANDOM - there are 20 workout profiles in **RANDOM** mode. Profile will change each time **RANDOM** key is pressed. Select a workout profile, follow user informantion prompts or press **QUICK START** key to begin.

STEP 1: Select the **PROGRAM** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **LEVEL** by using the **UP** or **DOWN** arrow keys.
You can change the level at any time during workout.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select weight by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

3.6 FIT TEST

FIT TEST program allows you to measure your fitness.

Follow these easy steps to enter the Fit Test Program.

STEP 1: Select the **FIT TEST** button.
Select **TEST 1** by using the **UP** or **DOWN** arrow keys.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 3: Select **GENDER** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.

STEP 4: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

STEP 5: Display will read results of FIT TEST.

STEP 6: Display will read **2:00 MINUTE COOL DOWN**.
Display will show totals for time, distance, calories, speed, RPM, watts.

MEN'S OUTPUT TABLE FOR TEST #1

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2700m	2400-2700m	2200-2399M	2100-2199M	<2100M
15-16	>2800m	2500-2800m	2300-2499M	2200-2299M	<2200M
17-20	>3000m	2700-3000m	2500-2699M	2300-2499M	<2300M
20-29	>2800m	2400-2800m	2200-2399M	1600-2199M	<1600M
30-39	>2700m	2300-2700m	1900-2299M	1500-1999M	<1500M
40-49	>2500m	2100-2500m	1700-2099M	1400-1699M	<1400M
50 +	>2400m	2000-2400m	1600-1999M	1300-1599M	<1300M

WOMEN'S OUTPUT TABLE FOR TEST #1

AGE	EXCELLENT	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR
13-14	>2000m	1900-2000m	1600-1899M	1500-1599M	<1500M
15-16	>2100m	2000-2100m	1700-1999M	1600-1699M	<1600M
17-20	>2300m	2100-2300m	1800-2099M	1700-1799M	<1700M
20-29	>2700m	2200-2700m	1800-2199M	1500-1799M	<1500M
30-39	>2500m	2000-2500m	1700-1999M	1400-1699M	<1400M
40-49	>2300m	1900-2300m	1500-1899M	1200-1499M	<1200M
50 +	>2200m	1700-2200m	1400-1699M	100-1399M	<1100M

3.7 TARGET HR

A5x and I5x have digital contact and wireless heart rate monitoring capabilities as standard equipment.

- To use heart rate monitor, locate the metal sensors located on the fixed handlebars.

HR Contact Sensor
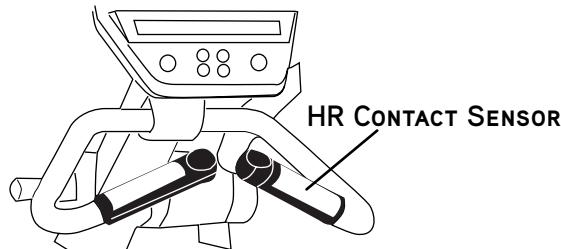
Hold the grips for a minimum of 10 seconds. Your heart rate (or HR) will display in the lower right hand corner of the alphanumeric LED.

Follow these easy steps to enter into the Heart Rate Program.

STEP 1: Select the **TARGET HR** button.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **AGE** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **PRECENT** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 4: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 5: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

Heart rate protocols.

- HR is within 10 BPM (beats per minute) of target, upper LED display will show a heart.

- HR is a greater or less than 10 BPM of target, resistance level will increase or decrease every 10 seconds.

- HR is greater than 14 BPM of target, resistance level will drop to 30%.

- HR is greater than 10 BPM of target, lower LED will display:
  "**WARNING HR ABOVE TARGET**

- HR is greater than 20 BPM, program immediately ends.

3.8 CONSTANT WATTS

Resistance level is set by the user and constantly changes to reflect stride speed. As stride speed (**SPM**) increases, resistance decreases while output wattage stays the same. In turn, if stride speed decreases then resistance increases.

STEP 1: Select **WATTS** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 2: Select **TIME** by using the **UP** or **DOWN** arrow keys.
Press **SELECT** or wait 5 seconds.
Selecting **START** will start program.

STEP 3: Select **WEIGHT** by using the **UP** or **DOWN** arrow keys.
Press **START** or **SELECT** to begin workout.
Display, Starting 3, Starting 2, Starting 1.

4.1 USING MANAGER MODE

• To enter manager mode, hold the **UP** and **DOWN** level keys for three seconds until "**MANAGER**" appears on the middle LED display.
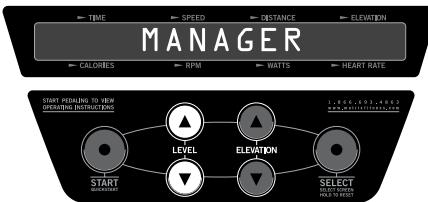
• Press the **UP** and **DOWN** elevation keys to scroll between program screens.

• Press **SELECT** to modify program setting.

• Press **UP** or **DOWN** level keys to change value.

• Press **QUICK START** to save setting.

• Press **QUICK START** again to exit manager mode.
(example changing default time from 20:00 - 30:00 minutes).

STEP 1 Hold **LEVEL** keys.

STEP 2 Press **SELECT** key.

STEP 3 Press up **LEVEL** key.

EP 4 Press **QUICKSTART** key 3 times.
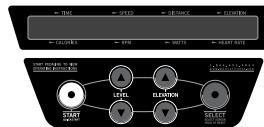
4.2 MANAGER SCREEN DESCRIPTIONS

- **P0**: **Maximum progam time** -
  Sets the total run time of any program.

- **P1**: **Default workout time** -
  Workout time when **QUICK START** is pressed or when no time is selected during program set up.

- **P2**: **Default resistance level** -
  Starting resistance when **QUICK START** is pressed or no resistance level is selected during program set up.

- **P3**: **Default user weight** -
  Weight used for program calorie expenditure calculations.

- **P4**: **Speed Units** - Display value in miles or kilometers.

- **P5**: **Machine Type** -
  Console is shared between the A5x and I5xi. A5x default setting is "**SWING**" and I5xi default setting is "**RAMP**".

- **P6**: **Console beep on / off** - Confirmation beeps can be turned on or off.

- **P7**: **Accumulated distance** - Total distance of all programs.

- **P8**: **Accumulated time** - Total accumulated program time displayed in hours.

- **P9**: **Display language** -
  Select between English, Spanish, French Italian, Dutch and German.

- **P10**: **Software version** -
  Current version of software. Refer to this when calling Matrix Technical Service.

- **P11**: **Incline calibration** -
  Default display is **OFF.** Selecting **ON** will automatically calibrate the incline motor (s) to factory settings. Use this feature when actual elevation does not match console display.

- **P12**: **Incline Reset** -
  This is a software feature that resets machine elevation to 0 degrees after 30 seconds of user inactivity. During incline reset, movement can be stopped by pressing any console key. Display will scroll "**HOLD SELECT TO RESUME**". To resume reset to 0 degrees, hold "**SELECT**"key for three seconds.

- **P13**: **Default incline level** -
  Starting incline level at each program start except FIT TEST. Factory setting is 10%. In FIT TEST, elevation is set to 0%.

- **P14**: **Error Code** -
  Console will record up to three errors. Error codes are stored permanently unless reset by a technician. To reset error codes, hold **MANUAL** and **RANDOM** keys for three seconds. Refer to these error codes when calling Matrix technical service for assistance.

- **P15**: **LCB Version** -
  Display will show LCB.VER XX YYY.
  XX is machine type.
  YYY is version number.

CODE: INFORMATION	DEFAULT	MIN	MAX
P0: **Maximum progam time** -	95 min	10	95
P1: **Default workout time** -	20 min	10	MAX
P2: **Default resistance level** -	1	1	25
P3: **Default user weight** -	150 lbs. /75 kg	80	400
P4: **Speed units** -	mi		
P5: **Machine Type** -		Swing	Ramp
P6: **Console beep on / off** -	on		
P7: **Accumulated distance** -			
P8: **Accumulated time** -			
P9: **Display language** -	English		
P10: **Software version** -			
P11: **Incline calibration** -			
P12: **Incline reset** -	on		
P13: **Default incline level** -	10	0	100
P14: **Error Code** -			

NOTE: DEFAULT TIME will update to the same as MAX TIME if MAX TIME is less than DEFAULT TIME.

4.3 ENGINEERING MODE

To enter Engineering mode, hold the **UP** and **DOWN** elevation keys for three seconds until "**MANAGER**" appears on the middle LED display. Press the **DOWN** arrow key and "**ERROR CONTROL**" will appear on middle LED display.

Error Control, Do not use this mode unless you are a qualified technician. Error control will determine if a machine is disabled once Class A or Class B errors are registered by the software.

Incline Record, log of incline motor and total program activity. This record holds the total number of hours for each program (MANUAL, ROLLING, INTERVAL, etc.) as well as incline motor activity in hours. This can be a useful tool for the club manager of trainer when reviewing machine usage.

- To enter INCLINE RECORD, press **SELECT** when **INCLINE RECORD** is displayed.

- Totals are stored permanently unless reset by a technician. To reset error codes, hold **MANUAL** and **RANDOM** keys for three seconds. Refer to accumulated hours when calling Matrix technical service for assistance. (Insert chart)

Incline Tuner, Do not use this mode unless you are qualified technician. Incline Tuner allows calibration and resetting of the incline motor range of motion.

**Service 1,2,3,4** are described in the Matrix Technical Service Guide.

5.1 MX-A5x ASCENT TRAINER

A5x - Two hand holds are located just above the MATRIX logo on the rear legs.

LIFT HANDLES
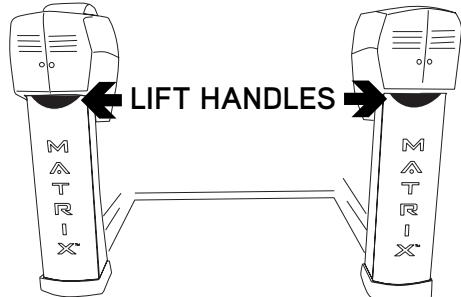
The A5x weights 390lbs. To avoid injury to the user and the unit, be sure to have proper assistance to move the unit.

6.1 MX-A5x ASCENT TRAINER
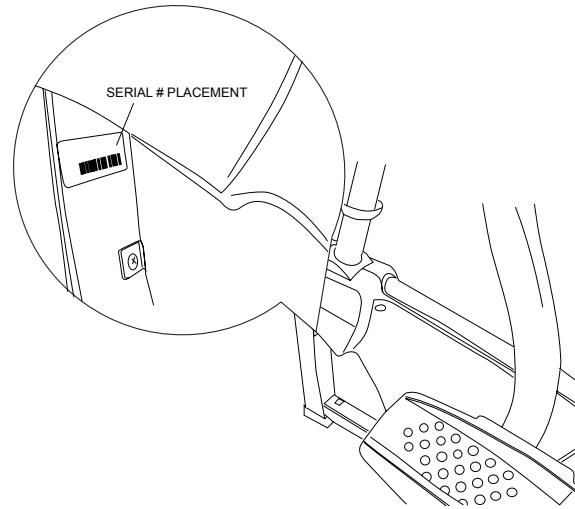
SERIAL # PLACEMENT

5.2 MX-I5x INCLINE ELLIPTICAL

I5x - Lift from the rear stabilizer.

MATRIX

LIFT UP

The I5x weighs 350lbs. To avoid injury to the user and the unit, be sure to have proper assistance to move the unit.

6.2 MX-I5x INCLINE ELLIPTICAL

SERIAL # PLACEMENT
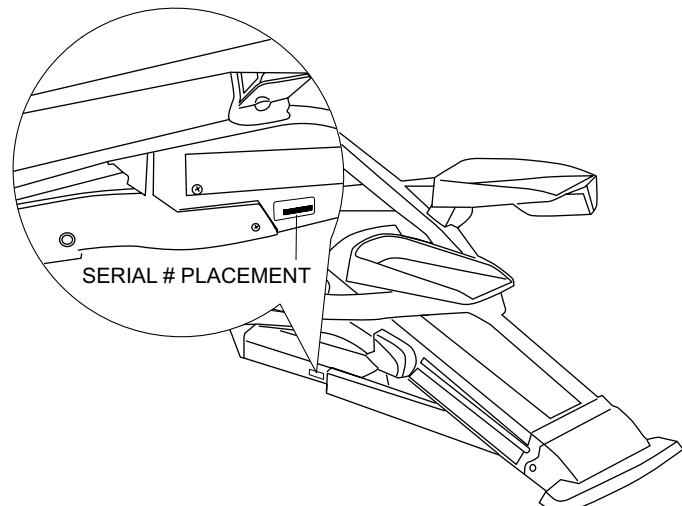
7.1 MX-A5x ASCENT TRAINER SPECIFICATIONS
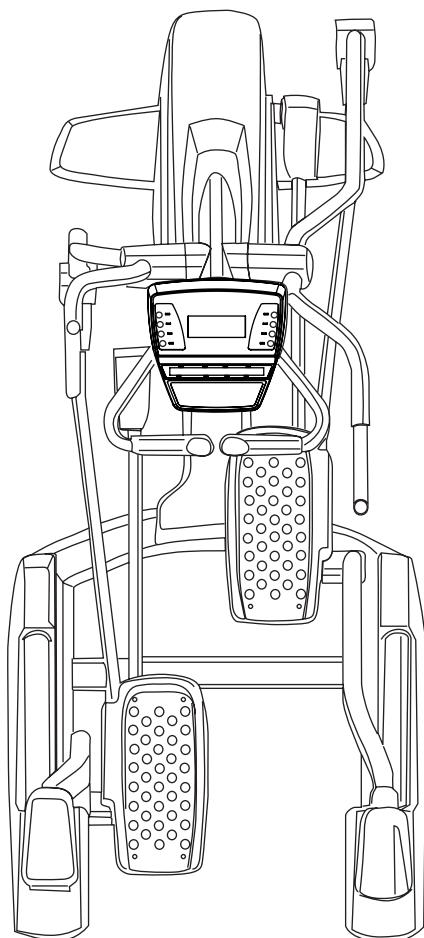
USER INTERFACE

STRIDE LENGTH	21 - 24"
INCLINE RANGE	30˚
CONSTANT RATE OF ACCELERATION	YES
CONTACT HEART RATE SENSORS	YES
TELEMETRIC HEART RATE RECEIVER	YES
REPLACEABLE FOOTPEDAL INSERTS	YES
Q-FACTOR	3.75"
HANDLE BAR DESIGN	MUTLI-POSITION DUAL ACTION AND ERGO-BEND STATIONARY

RESISTANCE SYSTEM

TECHNOLOGY	JID HYBRID ECB
POWER REQUIREMENTS	120v
MINIMUM WATTS	15
MAXIMUM WATTS	600

CONSOLE

DISPLAY TYPE	LED
DISPLAY FEEDBACK	INCLINE, TIME, SPEED, DISTANCE, CALORIES, WATTS, LEVEL, HEARTRATE, RPM
PROGRAMS	HEART RATE, CONSTANT WATTS
RESISTANCE LEVELS	25
ELEVATION LEVELS	20
ONE-BUTTON QUICK START	YES
CSAFE	YES
PAUSE TIME	30 SECONDS
ON-THE-FLY PROGRAM CHANGE	YES
FULL COURSE SCREEN VIEW	YES
ENTERTAINMENT	FITCONNEXXION™ OPTION

TECHNICAL SPECIFICATIONS

OVERALL DIMENSIONS	80"L x 34.5"W x 72"H
MAXIMUM USER WEIGHT	400 LBS
WEIGHT	390 LBS
SHIPPING WEIGHT	434 LBS
TRANSPORT WHEEL	YES

7.2 MX-A5x ASCENT TRAINER FASTENERS & ASSEMBLY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			6mm ALLEN WRENCH	
01			PHILLIPS DRIVER	
01			OPEN WRENCH (#13)	
04	Z01		HEX SOCKET HEAD CAP (M8 x 15L)	
08	Z02		HEX SOCKET HEAD CAP (M8 x 20L)	
06	Z03		CROSS TRUSS HEAD (M5 x 10L)	
04	Z04		HEX SOCKET HEAD CAP (M8 x 65L)	
02	Z05		HEX SOCKET HEAD CAP (M8 x 55L)	
02	Z06		FLAT WASHER	
02	Z07		NYLON NUT	
04	Z08		AXLE	
04	N51		CROSS TRUSS HEAD (M5 x 12L)	

7.3 MX-A5x ASCENT TRAINER ASSEMBLY STEPS

STEP 1

STEP 2
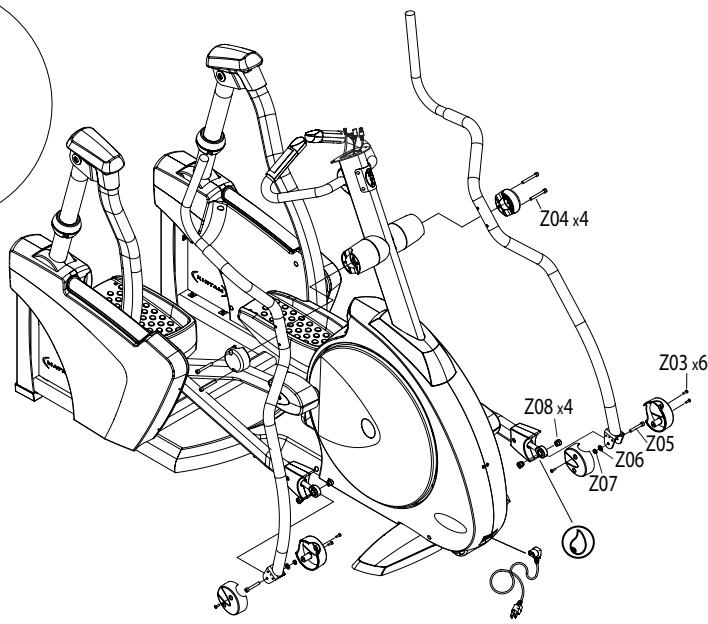
Z02 x8

Z01 x4

Z04 x4

Z03 x6

Z08 x4

Z05

Z06

Z07

⬡ Lightly grease

7.2 MX-A5x ASCENT TRAINER ASSEMBLY STEPS

STEP 3

N51 x4
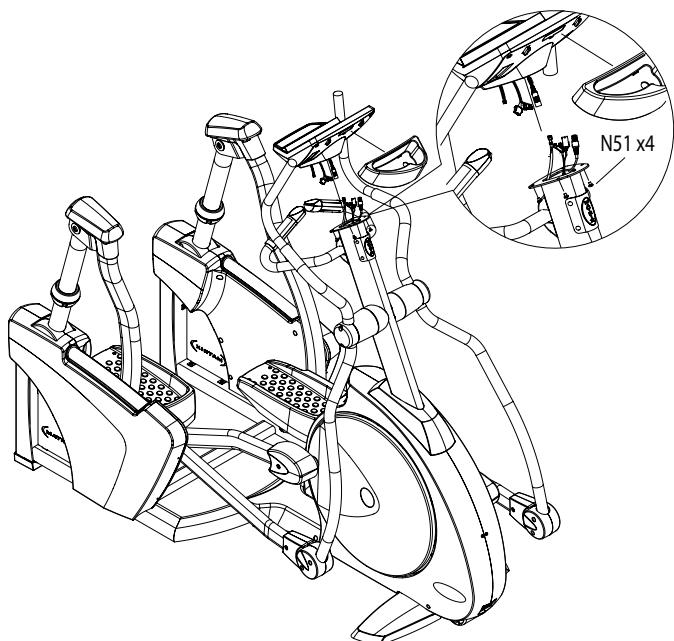
FINAL ASSEMBLY
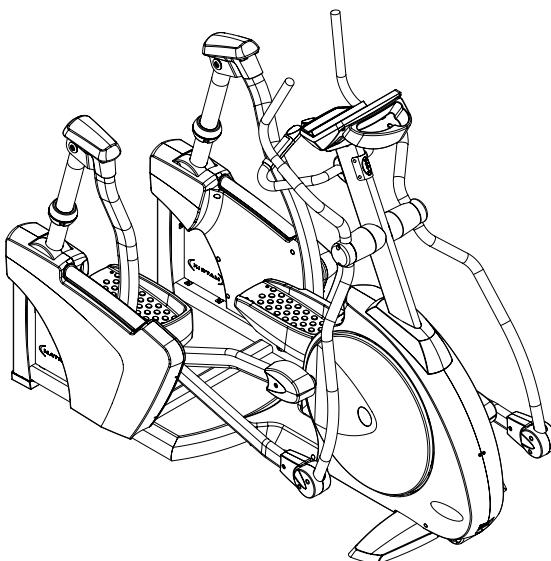
7.4 MX-A5x OPTIONAL ENTERTAINMENT ACCESSORY
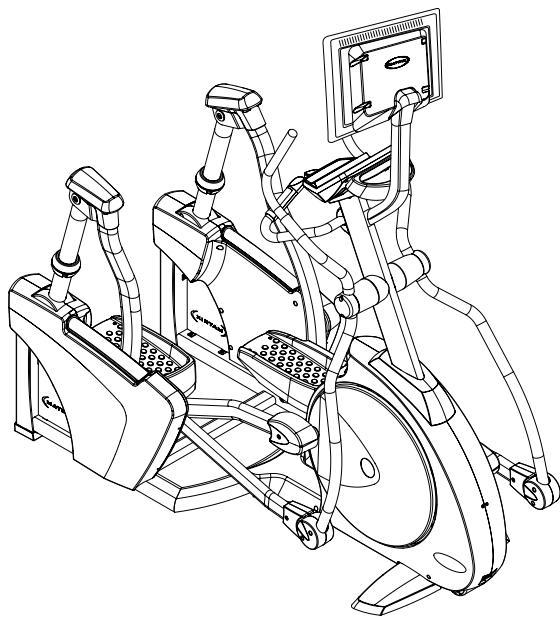
8.1 MX-I5x INCLINE ELLIPTICAL TRAINER SPECIFICATIONS
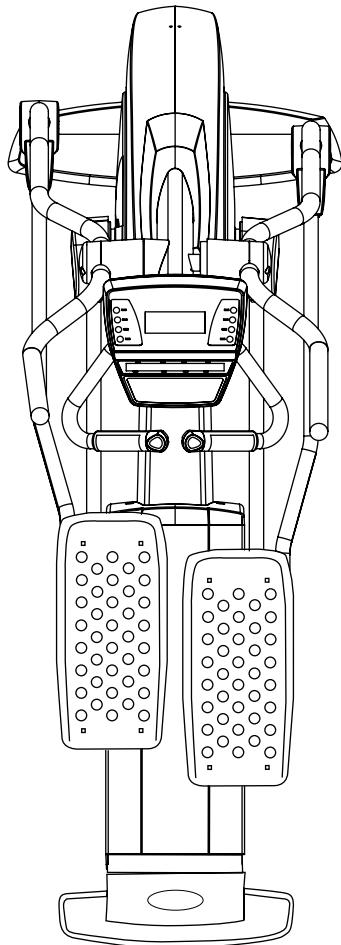
USER INTERFACE

STRIDE LENGTH	21 - 23"
INCLINE RANGE	17˚
CONSTANT RATE OF ACCELERATION	YES
CONTACT HEART RATE SENSORS	YES
TELEMETRIC HEART RATE RECEIVER	YES
REPLACEABLE FOOTPEDAL INSERTS	YES
Q-FACTOR	3.75"
HANDLE BAR DESIGN	MUTLI-POSITION DUAL ACTION AND ERGO-BEND STATIONARY

RESISTANCE SYSTEM

TECHNOLOGY	JID HYBRID ECB
POWER REQUIREMENTS	120v
MINIMUM WATTS	15
MAXIMUM WATTS	600

CONSOLE

DISPLAY TYPE	LED
DISPLAY FEEDBACK	INCLINE, TIME, SPEED, DISTANCE, CALORIES, WATTS, LEVEL, HEARTRATE, RPM
PROGRAMS	HEART RATE, CONSTANT WATTS
RESISTANCE LEVELS	25
ELEVATION LEVELS	20
ONE-BUTTON QUICK START	YES
CSAFE	YES
PAUSE TIME	30 SECONDS
ON-THE-FLY PROGRAM CHANGE	YES
FULL COURSE SCREEN VIEW	YES
ENTERTAINMENT	FITCONNEXXION™ OPTION

TECHNICAL SPECIFICATIONS

OVERALL DIMENSIONS	72"L x 29"W x 71"H
MAXIMUM USER WEIGHT	400 LBS
WEIGHT	350 LBS
SHIPPING WEIGHT	389LBS
TRANSPORT WHEEL	YES

8.2 MX-I5x INCLINE ELLIPTICAL TRAINER FASTENERS & ASSEMBLY TOOLS

QTY	PART #	SKETCH	DESCRIPTION	NOTES
01			ALLEN WRENCH [5mm x 120L]	
01			ALLEN WRENCH [55L, M3]	
01			ALLEN WRENCH [6mm x 120L, M8]	
01			OPEN WRENCH [13mm, M8]	
01			#2 PHILLIPS SCREW DRIVER [6 x 130L]	
04	Z01		SOCKET HEAD CAP SCREW [M8 x 15L]	
02	Z02		WAVE WASHER [20.5 x 34 x 2]	
10	Z03		BUTTON HEAD MACHINE SCREW [M5 x 10L]	Included in console
04	Z04		SOCKET HEAD CAP SCREW [M8 x 65L]	
02	Z05		SOCKET HEAD CAP SCREW [M8 x 55L]	
02	Z06		WASHER [8.2 x 16 x 1.0]	
06	Z07		NYLON NUT [M8 x 1.25P]	
02	Z08		WAVE WASHER [26 x 35 x 0.3]	
04	Z10		SOCKET HEAD CAP SCREW [6 x 12L]	
04	Z11		SPRING WASHER [8 x 13 x 2]	
02	Z12		WASHER [25.5 x 38 x 1.0]	
02	Z13		WASHER [10.3 x 35 x 2.0]	
04	Z30		AXLE	
01	Z31		CABLE TIE [200L]	
01	Z32		BUTTON HEAD MACHINE SCREW [M5 x 10L]	
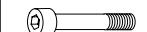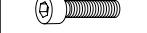
8.3 MX-I5x INCLINE TRAINER ASSEMBLY STEPS

STEP 1

Z01$_{x2}$

Z01

STEP 2

CABLE TIE
[200L]

INCLUDED
WITH CONSOLE

Z03$_{x4}$

8.3 MX-I5x INCLINE TRAINER ASSEMBLY STEPS

STEP 3

Z08x2
Z02x2
Z03
Z13x2
Z12x2
Z32x2

STEP 4

Z04x4

8.3 MX-I5x INCLINE TRAINER ASSEMBLY STEPS

STEP 5

FINAL ASSEMBLY

Z03

Z07
Z06

Z05   Z03

Z30
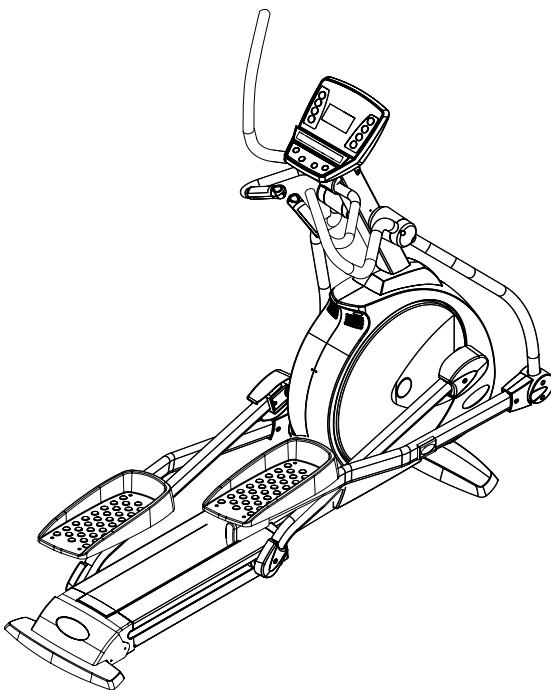
Lightly grease

7.4 MX-I5x OPTIONAL ENTERTAINMENT ACCESSORY

NOTES:

MATRIX™

Strong. Smart. Beautiful.